NEWS OF THE WEEK FROM OVER WORLD

HAPPENINGS IN OUR OWN AND OTHER COUNTRIES BRISFLY TOLD.

SHORT ITEMS FOR BUSY MEN

Week's News Condensations Reviewed Without Comment-All Nations Find Something to Edify and Instruct.

Oliver Harker, cashier of the Johnston City, Ill., National bank, which failed in July, 1914, was found guilty of making false entries in the cashier's book.

The Alabama senate passed a house bill permitting the shipment of quantities of stored liquors from the state. The measure was designed to relieve

Highwaymen, believed to be those who recently killed two American civilians, were discovered on the Fresnot tract in Texas. Fired on by a party of soldiers, the Mexicans fled.

Secretary Garrison said he would refer all requests for additional citizen training camps in the middle west to the central division of the army, at

Warning that many sellers of gasoline are giving short measure was issued by the several commissioners of weights and measures to the drivers and owners.

Clarence Brown, one of the three convicts who escaped from the Joliet. 111., penitentiary, was captured. Brown was found biding in a cave in a stone quarry.

Frank Clay, balloonist, who fell 1,000 feet at the Colorado state fair when his parachute falled to open, is dead.

The body of Prof. Epra Ripley Thayer, dean of the Harvard law school, was found in the Charles river basin.

Alberto Santos Dumont, the Brazilian pioneer in aeronautics, will head a committee to take charge of a movement to develop aeronautics in South and Central America.

George Miller, 55 years old, died at a hospital in Peoria. Ill., having been chewed to death by rats.

Property totaling more than \$100,000 is now owned by the Young Men's Christian association in cities throughout the country.

Probably the largest order for shoes that has ever been given has just been handed out by the Russian government to three New England shoe manufacturers. It calls for 3,000,000 pairs of high-topped boots at not far from \$5 a pair, or around \$15,000,000. Paso.

Church and social circles throughchurch board at Middleboro and made

A muscular ailment from which former United States Senator Joseph Benson Foraker of Ohio has been suffering has grown so severe that the surgeons have decided on an operation as the only chance for his complete recovery.

Bulgaria has removed all restrictions on the passage of merchandise through that country to Turkey.

Michigan's congressional delegation is overwhelmingly for national preparedness against war and is almost equally united in upholding the exportation of munitions.

Purdue university was made defendant in a \$25,000 damage suit filed by Abraham L. Obenchain of South Whitley, Ind., father of the late Franis W. Obenchain, who was killed in the university "tank scrap" on the hight of Sept. 13, 1913.

William Davis, an artist of New York, was found dead in his studio before an unfinished landscape, clad in his artists' apron and with palette and brush in his hands.

A. D. Novey and his wife of Cleveland. O., have what is believed to be the oldest wedding cake in existence. It was made for their wedding 35 years ago, and they decided never to

Forty-five yachts belonging to northern people were destroyed by fire at Miami, Fla. The loss will be about \$100,000.

Former President William H. Taft, who has been making a spaking tour of the west for several weeks, settled at San Diego, Cal., for a short vacation. He intends to play golf.

The first cargo of German-made toys to arrive this year is being unloaded from the Holland-American line steamer Zaundyk at Philadelphia.

Gottlieb von Jagow, German foreign minister, has been promoted to the rank of major in reserve of the Third regiment of Hussars.

' Park guards saw a man leap from Prospect Point into the Niagara river and go over the American falls.

While she was sleeping quietly several nights ago someoe entered Mrs. Russell Gordon's room at Bellaire, O., and stole a gold tooth from her mouth.

Lord Selbourne, president of the A. S. Bull, 11 years old. board of agriculture, stated that Lord Kitchener has decided to place all killed farm laborers in the same catgory as munition workers and subelection frauds were dismissed.

live under the commission form government. At a special election the commission form of government was voted to be retained. The vote was 2,773 to 1,442.

. . . Secretary Lansing has signed a rade agreement between the United States and Russia.

Esther Morton, a wealthy and prominent business man of Providence, Ky., shot and killed Harvey McDowell, whom he had found with his wife, and shot and mortally wounded Mrs. Mor-

Isabella Wade of Chicago, who was arrested in Milan, Italy, in June, charged with being an accomplice of a Bayarian officer, Martin Schehmammer, previously accused of espionage, has been released.

Michael McGraw, 20, and John Grant, 45 years old, were drowned near Tulsa, Ok., when a broken culvert let the horses and wagons into nine feet of the Arkansas river.

Damages to the amount of \$150,000 were asked by the Prince Line, Limited, of Newcastle, England, from E. D. Steger, in a suit which alleges failure to deliver horses in Galveston for shipment to France.

The first Australian to win the Vic-Lance Corporal Jacks of Bendigo, in

for 24 hours for refusing to tell his held on the original date. source of information for a story concerning cabarets and resorts.

be introduced.

Dr. Victorino de la Plaza, president United States and Argentina.

Nelson Bours, 30 years old, of Fair-

Southern passenger train and instant-Clyde Davis, circuit court clerk of Ray county, Mo., was killed when a

overturned. Harry Thaw has arrived in Port-

motor car in which he was riding

met his mother. Two men were instantly killed at the new high level bridge being con-

structed over the Cuyhoga river at

Superior avenue, Cleveland, O. The body of Miss Gladys Doyle of Lake Charles, La., 17 years old, be- are printed in blue and are shown crutches a few weeks. Rogers was inordered exhumed.

participated in the consecration of tion above sea level of all railroad locked two hundred freshmen in the Rev. A. J. Schuler as bishop of El stations of which data are obtainable farm barn near Rollins Field. The

The German admiralty is now cerout Kentucky were shocked when it tain that the Allan line steamer Hesthe map is 15 cents, to cover packing City, and a relief party of one hunBowie presented the knife used in this public confession of improper rela- inster have returned and it is stated tions with the retiring pastor, Rev. B | that none of them torpedoed the

> taining the dead of the F-4, which are gineers will be held next winter in rived aboard the United States steam. Kansas City, it was decided prior to shipped east.

committed suicide by taking lauda- H. C. Allen, Clinton.

William Isabel was killed in a knife ily parlor at Rienzi, Miss.

The Turks are rushing more reinforcements to the Dardanelles, expecting a renewal of the Anglo-French of-

The southern labor congress at Chattanooga, Tenn., representing 150,000 wage earners throughout the southern states, has gone on record in favor of the equal suffrage move-

In an attempt to arrest Lafe Young, souri. George Ford, jailer at Hot Springs. Ark., was fatally shot by Young, who then killed bimself.

has arrived at St. Michaels, Azores, according to a dispatch to Lloyds.

The marriage of Judge J. N. Gridley, veteran central Illinois lawyer and Republican politician, and Mrs. Emily Collins Brady at her home in Long Beach, Cal., marks the culmination of a romance of the early sixties.

The private bank of J. B. Fuller & Son, owned by J. Bradley Fuller and his daughters, Bessie and Margaret, with \$138,000 in deposits, has closed.

A man named Arthur Smith, charged in the Bow street police court, London, with begging was found at the trial to have property worth \$25,000.

The first of the United States navy's fleet of dirigible balloons is completed and will be ready for delivery within a few weeks.

Demand from banks and merchants for newly minted half dollars, quarters and dimes has led Director of the Mint Woolley to purchase 4,375,000 ounces of silver for these coins.

The youngest aimrod to apply for a Minnesota hunting license this year has been granted his "papers." He is

The charges against Claude Fowler, chief of police of Corpus Christi, Tex., and 17 other defendants in the alleged

Change in Convention Dates Will Prevent the St. Louis Women from Attending.

FIGHT FOR STATE PRESIDENCY

Friends of Kansas City Candidate Claim Change Will Injure Her Chances of Election.

Strange tales of suspected politics Confederacy a-gossiping. And in adstate body.

tion, it is whispered, was making to answer, and all the time for Mrs. Parry and professed, the said Daniel Morgan toria cross in the present war is against Mrs. C. B. Fatis of Jefferson Boone said he was a Presbyterian City, also a candidate for the presi- and the said Sara Griffin Lewis said this state (Victoria). In the trench dency. At a meeting of the executive, that she professed the Protestant refighting he single-handed shot five committee several weeks ago the date ligion. Being asked if they would Turks dead and bayoneted two others. Of the convention was changed to the promise to bring the children born of Judge Christian of the district crim- that all Warrensburg always attends near their future dwelling to be bapmal court sent J. Evans Smith, a New the state fair at Sedalia and no one tized, and send them to be instruct-Orleans (La.) Item reporter, to jail would be at home if the meeting were ed in religion, they answered Yes.

Louis delegate happened to remember usual form. the Veiled Prophet festivities, the The time-honored hotel register chief social events of the year in St. INJURED IN BIG CLASS FIGHT soon is to be abolished from Chicago's Louis, will be the first week in Octohostelries. The card index system will her. No St. Louis society woman, not even the most active club worker, can Four Students Badly Hurt in Annual be budged from St. Louis during these festivities. As a result of the change, of the Argentine republic, ratified the few St. Louis delegates will attend parcel post convention between the the convention and Mrs. Parry, it is strength.

field, Ill., was struck by a west-bound the country delegates.

New State Man Issued.

has been issued by tife Missouri Geo. hours. He had regained consciousland, Ore, from San Francisco and logical Survey. The map is four feet ness and was resting easily at 9 square and is based on a scale of o'clock. eight miles to the inch. All precise Others injured in the fight were data of the Mississippi river commis- Preston Walker, a sophomore from sion, the Missouri river commission, Clarence; Thurlow Rogers from lish accurate positions. The streams the right leg and will be forced to use lieved to have been poisoned has been in detail; the rallroads have been lo- jured in the back of the neck and cated from original plats, and the Swank's left elbow was dislocated. Fitteen bishops and archbishops justment every six miles. The eleva- schedule time when sophomores and the elevation of all accurate bench marks established, have been keep them from escaping. At noon submarine. All the underwater boats similar charges for a map mounted their captive freshmen and allow them wore it when he played Metamora.

Highway Engineers Elect.

The next convention of the Missouri The eight flag-draped caskets, con. Association of County Highway En-

Farm Advisors at Fair.

Missouri Farm Advisors have been conferences to be held this day will pression of a deer's hoof. be important and of great interest to all farming forces in the state. Missouri, it is said, is facing a new agricultural era, and this meeting of farm advisors will probably outline the campaign of action that is to result in at \$85 an acre. or \$136,000. a bigger and better agricultural Mis. transaction was one of the largest

Broke Man's Neck in a Quarrel. Bill Sagasser and John Young, laborers, quarreled at Monroe City. The Fabre line steamer Santa Anna Sagasser struck Young with his fist, breaking his neck. Sagasser is under

> Apples Are Piled on Levee. Forty-five thousand bushels of ap-

day awaiting buyers.

Federation of Labor at Moberly. The twenty-fourth annual conven-

Wagon's Rusty Tire Caused Lockjaw. Engineers. Frank Locke, a young farmer who lived near Rockport, is dead at a hospital in St. Joseph of lockjaw. Sevscratched by the rusty tire of a wagon near Smithton. She is survived by

He Marched With Sherman.

John Wickline, a native of Pennsylvania, who marched with General Sherman to the sea as a member of the Twentieth Ohio Infantry is dead old, married, is in the county jail in at Sedalia. He was 79 years old and Milan, charged with murder, the rehad lived in Missouri thirty-nine years. sult of a stabbing in which Scott was

Farmer Fatally Injured. Henry Graham, a prominent stock raiser of Jasper county, was fatally

FIND A DANIEL BOONE RELIC

Wreck of a St. Charles Church By Storm Reveals Marriage Record of His Eldest Son.

An account of the marriage of Daniel Morgan Boone, eldest son of Daniel Boone, the famous ploneer of the Ohio Valley, was found recently in the vaults of St. Charles Borromeo's Catholic church at St. Charles, which was wrecked by a tornado on July 7. The account says:

"On March 2, 1800, have appeared before me, Frere Leander Lusson, recollect priest and pastor of St. Charles parish in Missouri: Daniel Morgan Boone, the legitimate and oldest son of Daniel Boone, and Rebecca Bryan, his lawful wife, living have set St. Louis Daughters of the at St. Charles, in Missouri, on the one side, and on the other Sara Grifdition to gossiping they are bemoan fin Lewis, a younger and legitimate ing the fact that by a switch in the daughter of John Baptist Lewis and dates of the next state convention. Elizabeth Harvey, his lawful wife, her Mrs. Thomas Wood Parry of Kansas parents living at the port of St. An-City has been deprived of the support drew. The which parties have deof nearly the entire St. Louis delega- clared to me their intentions to bind tion, in her race for president of the themselves with the mutual pledge of marriage. After giving their oath on The convention was to have been the Holy Bible to answer truthfully held in Warrensburg the last week in to all the points on which I must in-September and the St. Louis delega- terrogate them, they have consented

plans to attend and vote first, last Being asked what religion they first week in October on the ground this union to the church of the place

The record then goes on to say that No one protested. Last week a St. the marriage was solemnized in the

Scrap Between University Freshmen and Sophomores.

Four students of the university were said, will lose a large part of her injured in the annual freshman-sophomore bag rush on Rollins Field at Co-Although delegates are instructed lumbia. Paul Bowman, a member of in secret, it is said by women on the the freshman class from Sikeston, reinside that St. Louis and Kansas City ceived injuries at the base of the skull are lined up solidly benind Mrs. Parry that made his condition appear danand that Mrs. Faris has the support of gerous at first. He was carried from the field unconscious, bleeding at the mouth and ears, and was taken to Parker Memorial Hospital, where two A new reference map of Missouri doctors were in attendance several

the United States coast and geodetic Springfield, and Neel Swank, a freshsurvey and the United States geologi- man from Charleston. Walker recal survey have been used to estab- celved a fracture of a small bone in

freshmen's trousers were taken to which were out at the time of the dis-on cloth attached to wood rollers. | to leave the barn. At the end of the fight the freshmen had captured the ous encounters, until his name and his majority of the bags and were pro- knife were notorious. It sprang into nounced the victors.

200 of Harris Family Meet. More than 200 of the 511 known deer Supply at San Francisco, have been the closing of the ninth annual meet. scendants of William and Rhoda Har- Louisiana that Bowie emigrated to ing at Hannibal. Officers were chosen ris gathered at Howard park in Lee's as follows: President, William Barnes, Summit at the invitation of John Senora Luz Aspiroz de Rivera, well Liberty: vice-president. George A. H. Harris. A picnic dinner of roast known in Washington when her fa- Ridgeway, Boone County; secretary, venison and lamb was served to the ther was ambassador from Mexico, Irwin Willis, Platte County; treasurer, guests. J. M. Burris of Kansas City delivered an address.

Deer's Hoofprint in Old Brick.

Robert Thomason, who lives south duel with Sherman Isabell in the fam- instrumental in advancing the cause of Liberty, has a brick made in 1837 of better agriculture in Missouri as no or 1838 and used in the construction other one factor has and the Missouri of the United States arsenal at Lib-State Fair management has set aside erty Landing. The ruins are on the Wednesday, September 29, as the oc- farm of Mr. Thomason. The brick truth, it is said that his nature was casion for Farm Advisors' Day. The was hand made and shows a deep im-

> Farm Sells for \$136,000. W. F. Duvall of Butler sold his im proved 1,600-acre farm recently to George McDonald of St. Louis county The land deals ever closed in Bates

Small Orchard Yields \$30,000. The product of the Central apple orchards of one hundred acres north of Macon, sold this year for \$30,000. This is twice the amount realized from the same orchards last year.

Lexington Pioneer Dies. Jacob Fegert, 62 years old, is dead ples shipped to St. Louis by steamboat, at Lexington. Mr. Fegert had been were piled along the levee the other a resident of that city for forty-eight

years. Says State Should Build Roads.

Good roads building should be a tion of the Missouri State Federation state proposition and should not be of Labor convened at Moberly recent- left wholly to the individual counties. ly. More than four hundred delegates said Mayor Henry W. Kiel of St. Louis representing every craft of oganized in an address at Hannibal before the labor in the state were in attendance. ninth annual convention of the Missouri Association of County Highway

Woman Dies at 92. Mrs. Eliza Mees, 92 years old, a Peteral days ago Locke's hand was tis county pioneer, is dead at her home four children.

Fatal Fight at Green City. As a result of a fistic encounter at Green City Kinney Scott, 18 years old. is dead and Bert Johnson, 25 years the victim.

Judge's Wife Dies. Mrs. Lucy Reyburn, 46 years old. injured the other day when a load of wife of Judge Charles D. Reyburn of hay on which he was riding over- Green Ridge, is dead at her home turned, hurling him on an upturned there. She has been a resident of Pettis County since 1884.

Inventor of Deadly Knife Was Peaceful.

Col. James Bowle Never a Desperado, Though He Lived in Wild Region Where Every Man Had to Protect Himself.

The bowie knife is an invention which is more or less unfamiliar to the average reader, for it is an instrument for which he has but little use, but to the huntsman and to the person who requires such a large weapon, it is invaluable. The shape of this knife has an interesting history connected with it.

In the early years of the republic the use of a large and effective knife was an absolute necessity, especially along the frontier. It was formed from a suggestion made by James Bowle, who was one of the most notorious of the frontiersmen of the Southwest early in the past century.

In his young days Bowie lived in Louisiana, where his time was spent in lumbering, fishing and hunting. Also in dealing in slaves. The wild and uncultured location of that period was frequently the scene of brawls, in which James Bowie always took a first hand. It is said that Bowie invented the knife that bears his name while confined to his bed as the re-

Being a man of considerable mechanical ingenuity, he whittled from a was made from a large sawmill file did exist. and had a two-edged blade, nine and thick enough at the back where

The inventor found himself constantly in need of his weapon. One of his flercest neighbors was a Spanfard, who repeatedly annoyed the colonel with petty insults. At last his conduct became so unbearable that Bowie challenged him. In accepting the hidalgo named knives as the weapons to be used and also stipulated that the combatants were to be seated face to face astride a trestle the four legs of the trestle to be buried about a foot in the earth so that it could not by any possible means be ovorturned.

Each of the principals was permitted to use whatever kind of knife he might select. When the combatants met Bowie's knife excited the ridicule of his adversary. The result, however, proved the superiority of the "bowie" over the long Spanish hunttownship and range lines show ad- The annual fight started before ing knife worn by his adversary. The men took their seats on a trestle, both naked to the waist. At a signal the Spaniard drew back his arm to make a lunge. Bowie at once thrust his knife straight forward into his adverprinted in red. The only charge for Harry Vinner, a freshman from Kansas sary's body and killed him instantly. became known that Mrs. W. H. Gag- perian was not destroyed by a German and shipping. Sixty cents will cover dred forced the sophomores to free duel to Edwin Forrest, who always

such immediate popularity that locksmiths worked day and night forging and shaping them.

Finally things became so warm in Texas, where he married the daughter of an ex-governor of that state. When Texas declared for independence Bowle accepted a commission as colonel in the insurgent army and closed his career March 6, 1836, at the bloody battle of the Alamo.

In spite of the notoriety that Bowle gained from his numerous deadly encounters, there is no known instance where James Bowle was the origina tor of any conflict, while, as a rule, he was a recognized pacificator. In gentle, kindly and dignified, and his neither wins.

deference for and defense of the gen-tler sex, coupled with charity for the needy, his love for children, stamped him as one of nature's noblemen Bowie county, in the extreme northeastern part of Texas, perpetuates his name, as does a flourishing town in another part of the state. Bowie re-ceived a fair education and was also a linguist, speaking French and Spanish fluently, besides several Indian

WAS NOT A SEA SERPENT

tongues.

American Museum Gets Picture Harmless Shark, Mistaken for a Monster.

Stories of persons having sighted

sea serpents and other monsters of

the deep reach the officials of the

American Museum of Natural History

frequently, most of them coming in the form of letters during the summer months, when persons more familiar with business offices or their homes than with the inhabitants of the sea are attracted to the resorts. Most of the letters are based on hearsay evidence, and so it was with some surprise that Dr. F. A. Lucas, the director of the museum, read in one of the letters that an actual photograph of the sea serpent whose actions were described was being forwarded under separate cover. He awaited the arrival of the photograph eagerly. The letter which preceded it said that the sea serpent had made its appearance at the eastern end of Long island and that it had whipped sult of a wound received in some such and churned the water near the spot at which it appeared for nearly an

Occasionally its huge tail could be piece of white pine the model of a seen above the water; at other times hunting knife, which he sent to two two or three sections of its writhing, brothers named Blackman, in the city dark body could be seen at once. One of Natchez, and told them to spare no of the spectators who had fied to the expense in making for him a duplicate shore from a small boat procured a of the pattern in steel. This was the kodak and snapped the monster as origin of the dreaded Bowie knife. It | conclusive evidence that sea serpents

and had a two-edged blade. nine The photograph arrived in the next inches long, of a faintly curved outline day's mail, however, and Doctor Lucas found it to be not a sea serpent it joined the handle to serve for stur- but what is known as a "thrasher" dy hammering. Bowie had a neat shark, a species which, it is said, is spring sheath made to inclose the more afraid of man than man is of it. knife. This he were constantly at his Its name is derived from the manner in which it thrashes about in the water with its huge tail.

> "Father," wired the young yachtsman, "please advance me some money. My boat is entered in tomorrow's race and I'm sure she will win." And father replied: "Not with time allowance from me."

> More Jobs. "Do you object to a commission form of government?" "Not at all," declared the boss "Then I can put several of my men into office, instead of only one."

> Had Had the Experience. "Yes, we pay spot cash for every thing." "Ah! I often speak to my husband about the time when he had to."-

Puck.

Melancholy Habit. "Why do they always speak of the sea waves as sad?" "Because, stupid, the ocean is generally blue."

As long as you pay compliments only you will not be forced to eat

Give a boy a free ticket and he will

demand the right to create a disturb-Most white men are against mob

violence if the victim is a white man. We have noticed that an aviator seldom has more than one accident.

One always gets full measure when one acquires a peck of trouble.

Sympathy seldom heals the wounds Don't carry a gun when you are hunting for work.

When two men fight over a woman Women should shave oftener and

TOO ILL TO WORK

A Weak, Nervous Sufferer Restored to Health by Lydia E. Pinkham's Vogetable Compound.

Kasota, Minn.—"I am glad to say that Lydia E. Pinkham's Vegetable Compound has done more for me than



more for me than anything else, and I had the best physician here. I was so weak and nervous that I could not do my work and suffered with pains low down in my right side for a year or more. I took Lydis E. Pinkham's Vegetable Compound, and now I feel like a different person. I believe there is nothing like Lydis E. Pinkham's Vegetable Compound for weak women and lown in my right

more than it is claimed to do." - Mra. CLARA FRANKS, R. F. D. No. 1, Maplecrest Farm, Kasota, Minn. Women who suffer from those distressing ills peculiar to their sex should be convinced of the ability of Lydia E. Pinkham's Vegetable Compound to restore their health by the many genuine and truthful testimonials we are con-

table Compound for weak women an

young girls, and I would be glad if I could influence anyone to try the medicine, for I know it will do all and much

stantly publishing in the newspapers. If you have the slightest doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass., for advice. Your letter will be opened, read and answered by a woman, and held in strict confidence.

The Wretchedness of Constipation Can quickly be overcome by CARTER'S LITTLE

LIVER PILLS. Purely vegetable
act surely and gently on the liver. Oure

ness, and Indigestion. They do their duty SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature

A Difference. "You told me Jones had become an actor."

"I didn't say anything of the kind. told you he had gone on the stage." Precautions.

"I'll run in with you and get a bite. "Wait a minute till I lock the dog up."

Spanish army officers have found

bomb dropping from aeroplanes an effective means of subduing turbulent tribesmen in Northern Morocco. I generally phrase it differently, but is what I really say to the bride:

"I felicitate you on the success of your chase." What is believed to be the oldest inhabited residence in the world is a

mansion in Germany that was built Still, you doubtless have noticed that most of those who claim to be "as

good as anybody" aren't. The farther the waters of the oceans get from the equator the less salt they contain.

Napoleon's handwriting was so bad that often he could not decipher it himself.

The Best Mill

Cannot grind good flour from poor wheat, nor can the human body get good health from food and drink which is not fitted to the individual.

Right food—the kind the system requires, goes a long way toward putting one on The Road to Wellville.

This road leads to comfort, happiness and long life.

Grape-Nuts

is a delicious food scientifically prepared from wheat and barley.

In the making, the starch of the grains is partially pre-digested for quick and easy assimilation—and furnishes the nourishment Nature requires for the daily rebuilding of body and brain.

It pays to keep oneself in the highest condition of physical and mental vigor.

WON'T MIX Bad Food and Good Health Won't Mix.

The human stomach stands much abuse but it won't return good health if you give If you feed right you will feel right, for proper food and a good mind is the sure road to health.

"A year ago I became much alarmed about

my health for I began to suffer after each meal no matter how little I ate," says a Denver woman.
"I lost appetite and the very thought of food grew distasteful, with the result that I was not nourished and got weak and thin. "There was no one to shoulder my house-

hold burdens, and come what might I must bear them, and this thought nearly drove me frantic when I realized that my health

me frantic when I realized that my health was breaking down.

"I read an article in the paper about some one with trouble just like mine being benefited by Grape-Nuts food and acting on this suggestion I gave Grape-Nuts a trial. The first dish of this delicious food proved that I had struck the right thing.

"My uncomfortable feelings in stomach and brain began to disappear and in a short time I was again myself. Since than I have gained 12 pounds in weight through a summer of hard work and realize I am a very different woman, all due to the splendid food, Grape-Nuts."

"There's a Reason" for Grape-Nuts

Sold by Grocers everywhere